Les Mills Virtual™

Pershore Leisure Centre

Accurate as of 08/11/2026

Times for Saturday 14 November

Time	Session	Facility
12:15 - 12:45	GRIT™ Cardio	Studio
13:00 - 14:00	BODYBALANCE™	Studio
14:05 - 14:50	THE TRIP™	Studio
15:00 - 15:30	CORE™	Studio
15:35 - 16:35	BODYCOMBAT™	Studio
16:40 - 17:25	LES MILLS DANCE™ Virtual	Studio
17:30 - 18:00	SPRINT™	Studio